

Subtle Yoga Yoga Sukshma Vyayama of Dhirendra Brahmachari

Sequences

1. Buddhi tatha Dhrti Shakti Vikasaka (Developing the mind and will power)



POSTURE: With your feet together, the body erect and the mouth closed, tilt your head back as far as it will go and keep the eyes wide open. EXERCISE : Concentrating on the crown of your head, inhale and exhale rapidly and vigorously through the nose with the bellows method. 25 times will suffice to begin with.

2. Smarna Shakti Vikasaka (Developing the memory)



POSTURE: With your feet together, the body erect and the mouth in the normal position and the eyes must focus on a spot of 5 ft. in front of the toes.

EXERCISE: Concentrate on the Brahma-randhra, which is the Yogic name for the area just under the anterior fontenellae and through the nose inhale and exhale vigorously (bellows effect). 25 times to begin with. This is of special benefit to cases of mental fatigue. There is a marked improvement in memory. This exercise is useful for all those whose work causes mental strain and nervous exhaustion.

3. Medha Shakti Vikasaka (Developing the intellect)



POSTURE: Close your eyes, keeping your feet together and your back erect. your chin should be lowered to rest on the sternal notch. **EXERCISE:** According to Yogic science, the centre of intellectual vigour is in the depression at the back of the neck. Concentrate on this with all the force you possess Then start the bellows breathing exercise inhaling and exhaling with equal force. In the beginning 25 times.

4. Netra Shakti Vikasaka (Improving the eye-sight)



POSTURE: Stand with your feet close together, your back erect and your head tilted back as far as it will go. **EXERCISE:** Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the

beginning. This incercise produces stimulation of the nasocialiaryplexus of the autonomic nervous system, as well as on the fibres of the nerves moving the eye-ball and internal structures of the eye. It improves themuscular power, balance and co-ordination of the various muscles that move the eye-ball. It also exercises the muscle of the iris which constitutes the muscular diaphragm surrounding the pupil of the eye and is instrumental in increasing or decreasing the amount of light entering the eyes and falling on the retina. Gazing at one point also helps in putting into action the muscles which are attached around the lens of the eye and whose contraction or relaxation result in changing the shape of the lens,required for accurate focussing of the light on the retina to form a sharp image of the observed object. Thus the entire neuro-muscular apparatus of the eye-ball is toned up for a better performance and endurance. This exercise, apart from having an immediate utility for the eyes, has an even more important effect in training in the methods of concentration of the mind.

5. Kapola Shakti Vikasaka (Rejuvenating the cheeks)



POSTURE : With feet close together and standing erect, join the tips of the fingers and close the nostrils with the two thumbs. **EXERCISE :** Keeping the eyes open and pouting your lips (in the shape of crow's beak),suck in the air vigorously through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat (sternal nothch),hold your breath as long as you can. Let the neck return to the normal posture,open your eyes,and exhale through the nose slowly and effortlessly. In the beginning five times. The Kakimudra depends on acra-

tion and oxygenation of the oral cavity. Since in normal breathing the mouth remains closed and fresh air does not enter it, germs multiply unhindered. If however, a frequent forceful jet of air falls on the teeth, gums etc., it must have a beneficial effect and many oral infections would be prevented and cured. Pouting and holding the mouth in that shape for some time as also puffing out the cheeks would exercise most of the muscles of the face which ordinarily are inactive except for the mild action involved in speaking or eating. The habitual inaction of these muscles makes them flabby. It gives your cheeks a fresh bloom. The teeth become stronger. Pyorrhoea, caries and halitosis are cured. Sunken cheeks fill up gradually and once again look normal. Pimple, boils etc. disappear.

6. Karna Shakti Vikasaka (Improving the hearing)



POSTURE : With the feet close together, stand erect. **EXERCISE :** Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers should encircle the mouth which should pout so as to resemble the beak of a crow. Now suck in the air, blowing out your cheeks and lower your chin to rest on the cavity of your throat. Hold the breath as long as possible. Then let your neck go back to the normal posture and while doing so open your eyes gradually and at the same time exhale through the nose. Note that while holding the breath the cheeks should be kept fully puffed out. The creation of pressure inside the mouth forces air through the pharyngo-tympanic tube (eustacian tube) which connects

the mouth cavity with the middle ear. The healthy functioning of this tube is essential for equalisation of pressure inside and outside the ear. Without this the free vibrations of the ear drum cannot take place, which will result in defective hearing. The Jalandharabandha (bent neck) which forms part of the whole process ensures stimulation of the endocrine glands as well as nervous components, both somatic and autonomous, situated in this region. "By closing your ear-holes, nostrils, eyes and mouth you purify the passage of sound and then you hear the pure (inner) sound".

7. Griva Shakti Vikasaka (Strengthening the neck)



POSTURE : Keeping your feet together, stand erect. **EXERCISE `A`:** Relaxing your neck, turn your head with a jerk first towards your right shoulders, then towards your left shoulders. In the beginning 10 times. **EXERCISE `B`:** Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.



POSTURE : Keep your feet close together, your back straight, your mouth closed and your eyes wide open. EXERCISE : Keep your chin in and rotate the head from left to right and then right to left alternately. Breathe normally. Try to make your ear touch your shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.



POSTURE : Keeping your feet close together, stand straight. EXERCISE : Inhale and exhale through the nose ("Bellows effect") making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling. 25 times to begin with. This triple exercise strengthens the neck and beautifies it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this

exercise, in conjunction with a couple of others, yields marvellous results in cases of dumbness. Singers will derive great benefit from it.

8. Skandha tatha Bahu-mula Shakti Vikasaka (Developing the strength of shoulder blades and joints)



POSTURE : Feet close together, your back straight, your fingers clenched into fists with the thumbs tucked in. **EXERCISE:** With your mouth pouting and forming the shape of a crow's beak, suck in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the shoulders vigorously and stiffly up and down, in a pumping motion. The arms should be kept rigidly straight at the side. Assume the normal posture and straightening your neck, open your eyes and exhale

gradually

through the nose. Repeat the process five times to begin with. The bones, blood vessels, the muscles and the nerves in the shoulder are toned up.

9. Mani-bandha Shakti Vikasaka (Developing the wrists)

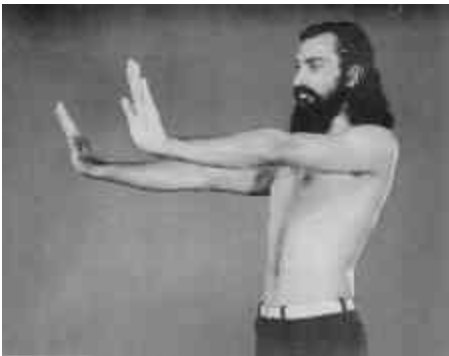


POSTURE : Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground. **EXERCISE 'A' :** With loosely clenched fists, let your wrists move

the fists up and down with force. While bringing your fist up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with. **EXERCISE 'B' :** Raise the arms, bent at the elbow, sideways to shoulder level. The wrists should be moved up and down as in exercise 'A'. While

doing so, the fists should try to touch the forearm. Five times to begin with.

10. Kara-prashtha Shakti Vikasaka (Developing the back of the hand)



POSTURE : Keep feet together, the body straight, the arms stretch out in front parallel to the ground, at shoulder level. Palms open and the fingers close together. EXERCISE `A` :Move your wrists up and down with force while bringing your first up and down, try to touch the forearm. The arms should be kept as stiff as possible. EXERCISE `B` : Raise the arms, bent at the elbow. Sideways to shoulder level. The wrists should be moved up and down arms folded at the elbows with palms open, fingers together.

11. Kara-tala Shakti Vikasaka (Developing the Palms)



POSTURE : Keep your feet close together, the body straight. Stretch your arms forward, with the fingers spread out as far as possible. The arms should be kept parallel to the ground, at shoulder level. EXERCISE `A` : From the wrists let your hands move up and down vigorously. While bringing the palms up and down the fingers must try to touch the arm. EXERCISE `B` : With the same posture, raise your arms sideways, bent at the elbows, keeping the fingers far apart from each other, and move the hands up and down as if the fingers were to touch the arm.

12. Anguli-mula Shakti Vikasaka (Developing the finger joints)



POSTURE : With the feet together and the body relaxed, raise the arms forward, parallel to the ground, at shoulder level. The hands beyond the wrists should be relaxed and drooping. **EXERCISE `A` :** While stiffening the entire arm, the hand alone must be relaxed. Hold for five minutes to begin with. **EXERCISE `B` :**

As at `A` but with the arms bent at the elbows. Two minutes to begin with.

13. Anguli Shakti Vikasaka (Strengthening the fingers)



POSTURE : Stand with the feet close together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level. **EXERCISE `A` :** Let your fingers form the shape of the hood of a cobra, taking particular care to stiffen the entire length of the arms from the shoulder-joints to finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with. **EXERCISE `B` :** Posture the same as for `A`. Repeat the exercise `A`, with the arms bent at the

elbows. The fingers should be spread in the shape of a cobra's hood. Five minutes to begin with.

14. Bhujaballi Shakti Vikasaka (Strengthening the forearms)



POSTURE : Feet together, the body straight, the arms by the sides. EXERCISE 'A' : Begin with your right arms. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together. EXERCISE 'B': Repeat the exercise with your left arm. EXERCISE 'C' : Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands touch each other.

15. Purna-bhuj Shakti Vikasaka (Developing the arms)



POSTURE : Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in. EXERCISE `A` : Inhaling through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at the elbow and breathe out forcefully while thrusting your arm forward at shoulder level. EXERCISE `B` : Repeat the exercise `A` in reverse, swinging the arm backward and then forward. EXERCISE `C` : Now repeat the exercise `A` with the left arm. EXERCISE `D` : Repeat the exercise `B`, with the left arm. EXERCISE `E` : With both hands clenched into fists, let both your arms describe a full upward circle, and exhale with a hissing sound. EXERCISE `F` : The same as exercise `E` in reverse. This set of exercises tones up the nerves. The arms and hands become more shapely. The entire length of the arm becomes stronger.

16. Vaksha-sthala Shakti Vikasaka (Developing the chest) - [2]



POSTURE : Stand with the feet together, body erect. Arms by your side, palms turned backwards with the fingers together. **EXERCISE :** Swing back your arms,

describing a semi-circle. While doing this, inhale through the nose and lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. Five times to begin with. This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart will benefit by its tonic effect if they do this exercise for five minutes every morning.



POSTURE : Stand with the feet together, body erect, arms by your side with palms of the hands turned inwards. **EXERCISE :** While inhaling through the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming your original position. Five times to begin with. The advantages derived from this exercise are the same as from vakshasthala saktivikasaka asana with the addition that this one gives vitality and strength to the chest and back. The arms are also strengthened. Thin persons will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

17. Udara Shakti Vikasaka (Developing the abdominal muscles) - [10]



POSTURE : With the feet together, stand erect. **EXERCISE :** Inhale through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and gradually, while drawing in the abdomen as much as you can, till it becomes hollow. This exercise is also known as 'Uddiyana Bandha'. Practise this exercise repeatedly. Five times to begin with. The 'Yogacudamanupanisad' says about this particular exercise: "Just as the bird who flies in the sky, in the Uddiyana posture, so does man score a victory over death, like a lion over an elephant, thanks to the vitality he receives from the Uddiyana Bandha."



POSTURE : Stand erect with your feet together and your neck raised an inch above the normal. **EXERCISE :** Breathing quickly and deeply through the nose (Bellows effect) distend your abdomen, and while exhaling, contract it. 25 times to begin with. Particular care must be taken to distend and contract the abdomen to the fullest extent; the inhaling and exhaling should be rhythmic.



POSTURE : With your feet together, stand erect and bend your head as far as it can go. **EXERCISE :** Breathe in and out quickly (Bellows effect) while distending and contracting the stomach. 25 times to begin with.



POSTURE : Stand erect with your feet together. Look at a spot four to five feet forward your toes. EXERCISE : Inhale and exhale sharply (bellow effect) distending and contracting your abdomen. 25 times to begin with.



POSTURE : Stand with your feet together and the body erect. EXERCISE : Pouting your lips suck in the air, and at the same time lower your chin to touch the sternal notch. This exercise is also called Jalandharabandha. While holding the breath, close your eyes and puff out the cheeks. Exhale so gradually through the nose that there is no sound at all in doing so. If you have held your breath for a considerable time, take particular care not to blow it out voilently. That would be harmful. Five times to begin with.



POSTURE : With your feet close together, stand erect. Bend the upper part of your body forward at an angle of 60 degrees and place your hands on your hips with the fingers at the back, thumbs front. **EXERCISE:** Inhale and exhale sharply

through the nose (Bellows effect) taking care at the same time to distend and contract your abdomen. 25 times to begin with.



POSTURE : With your feet together, stand erect and hands on hips as in udara satkivikasaka asana-6. Then bend forward to an angle of 90 degree.

EXERCISE :

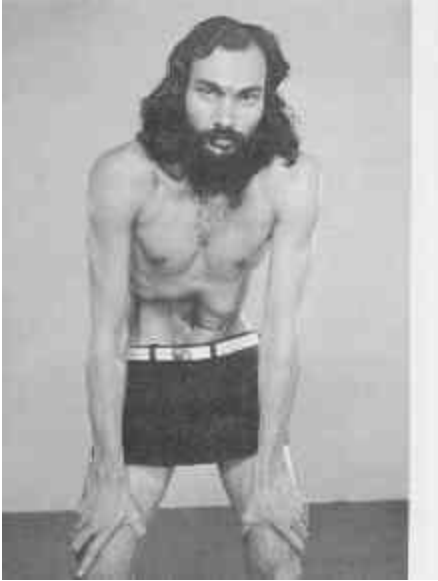
Inhale and exhale sharply (Bellows effect). While inhaling, the abdomen must distend; while exhaling it must contract. 25 times to begin with.



POSTURE : As in udara shaktivikasaka - 6. EXERCISE : Breathe out through the nose and without breathing in distend and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your endurance, breathe in slowly. Then breathe out and distend and contract your abdomen again. Care should be taken to see that while you are busy exercising your abdomen, your breathing remains suspended. Five times to begin with.



POSTURE : Udara shakti vikasaka - 7. EXERCISE : As in udara saktivikasaka - 8
For the purpose of this exercise, the entire operation of rapidly distending and contracting the abdomen with suspended breathing is to be treated as a single exercise. Therefore, five times means that the whole operation is reputed five times over



POSTURE : With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90 degrees. **EXERCISE :** Exhale completely.

Then contract your abdomen to the fullest extent. This is called the complete Uddiyana. This done, stiffen the arms and allow the Nauli to stand out. Try to rotate it right and left, describing a circle. Five to begin with. The Nauli is the recti abdominis which form the front linear wall of the abdominal cavity. The exercises for the abdomen depend for their efficacy on three processes: 1. Muscular contraction of parietal abdominal muscles specially the rectus abdominis; 2. Stimulation of coeliac and plexuses of the autonomic nervous system; and 3. Abdominal respiration.

18. Kati Shakti Vikasaka (Strengthening the back) - [5]



POSTURE 'A' : With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back. EXERCISE 'A' Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling, bend forward and

try to touch your knees with your head. Repeat this operation several times.

Five times to begin with. POSTURE 'B' : As above except that the left hand should be formed into a fist with the right hand on the left wrist. EXERCISE

'B' : As in Exercise 'A'.



POSTURE : With your legs stretched apart as far as possible. Arms on hips, keeping the fingers to the rear, and the thumbs in front. EXERCISE: Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.



POSTURE : With your feet together, stand erect. EXERCISE : Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hand do not touch your thighs or your knees.



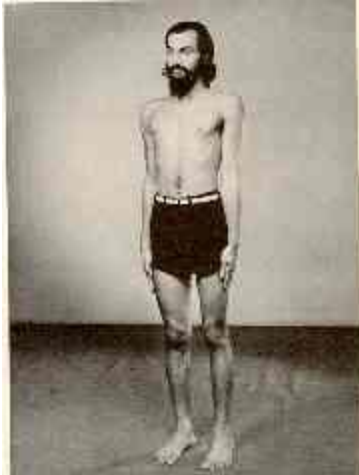
POSTURE : With your feet together, stand erect with your arms stretched out sideways. EXERCISE : With your arms spread out, bend the trunk to your left, as far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with. While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf. Repeat the exercise with your feet two feet apart. Five times to begin with.



POSTURE : Stand with your feet two feet apart. EXERCISE : While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with. The five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add

to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are specially good for strengthening the back. Artists, actors and actresses will find them of great help. A short course of these exercise will add several inches to the chest and take away many more from a flabby, back, while regular practice will make the body symmetrical and strong.

19. Muladhar-Chakra Shuddhi (Toning up the bowels and Muladhar chakra)



POSTURE : Stand erect with feet together, the thighs pressed together and the neck relaxed. **EXERCISE** : With the buttocks pressed rigidly together contract themselves of the rectum as if drawing in air through it. The breathing can be normal though, in fact, this exercise generally results in the suspension of breathing and the very violence of the effort makes the body tremble. Five minutes to begin with. Since this exercise is for the internal organs no illustration is possible. Repeat the exercise with the feet separated by about 2-3 inches. Five minutes to begin with. The Upanisads say of this particular exercise : "The drawing up of air through the rectum, Apana, results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness."

20. Jangha Shakti Vikasaka (Developing the thighs) - [2]



POSTURE : Stand erect with your feet together. **EXERCISE 'A'** : Inhale through the nose and at the same time throw up your arms while jumping up with your

feet together and coming down on your toes with feet apart. While exhaling, lower your arms, while jumping up and coming down on your toes with your feet together. Care should be taken to see that when coming down your arms do not touch thighs, nor should your legs bend at the knees. EXERCISE `B` : The same as at `A` but the entire operation being in reverse. In the earlier exercise you inhaled when the arms were thrown up; in this one you should inhale when bringing them down, and exhale when throwing them up. 25 times to begin with.

POSTURE `A` : With the feet together, stand erect. EXERCISE `A` : Inhaling through the nose bend your knees gradually, with your arms held out before you parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling. If in the beginning you find it difficult to hold your breath while doing this exercise, you can breathe normally, until, with sufficient practice, you can hold your breath. POSTURE `B` : With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes. EXERCISE `B` : Breathing in and spreading your knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly, Breathe normally to begin with, if it is difficult to hold your breath. five times to begin with. These exercise develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.

21. Janu Shakti Vikasaka (Strengthening the knees)



POSTURE : With the feet together stand erect. **EXERCISE :** Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. Ten times to begin with. This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region. It is particularly efficacious for football players.

22. Pindala Shakti Vikasaka (Yogic squats for strengthening the calves)



POSTURE : With your feet together, stand erect, your hands clenched into fists your neck relaxed. **EXERCISE :** While inhaling through the nose, squat with your arms held out in front of you, keeping them parallel to the ground. Your feet should remain on the ground, with your knees closed. Go down as far as you can Holding your breath, stand up while your arms describe one full circle as in udarasakti vikasakasana and, on completing the circle, they should be held

before your chest, arms bent at elbows, fists touching each other. Then exhale sharply while expanding the chest and pulling the arms slightly backward.

23. Gulpha-pada Prashtha-pada-tala Shakti Vikasaka (Developing the strength of ankles and feet)

POSTURE : With the feet together, stand erect. **EXERCISE :** Stretching forward

one foot and holding it about 9 inches off the ground, describe a circle first from right to left, then from left to right, with the ankle. Repeat with the other foot. Ten times to begin with. The exercise relieves rheumatism of the ankles and strengthens the toes and the feet

24. Pada-mula and Padanguli Shakti Vikasaka (Developing the strength of the soles and toes)



POSTURE : Stand on your toes, body erect and relaxed. **EXERCISE 'A' :**

Throwing

the weight of your body on the toes, raise and lower your body in a spring like motion. The heels and toes should be together throughout. 25 times to begin with.

EXERCISE 'B' : Balancing on the toes, jump up as high as you can, coming

down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact

between the heels and the toes, and to bring them down on the spot from which you jumped. 25 times to begin with. These exercises give the calves strength and symmetry, rheumatic conditions are cured. The calves become

firm

and the soles of the feet strong.



POSTURE : Stand with the feet together, body erect and relaxed, and your arms spread out. **EXERCISE :** With the toes held together, throw the entire weight of the body on your tips. Try to maintain your balance in this position as long as you can. Three minutes to begin with. This exercise strengthens the feet and the toes and their joints. Deformed toes improve in appearance. Those interested in running will derive much benefit from this exercise. Specially recommended to inhabitants of hilly area. This exercise makes the toes elastic. After completing all the 48 exercises, you must assume the `corpse pose'(Savasana). This is nothing but giving your body complete rest while lying down. It makes the blood flow through the body in an even course, and the fatigued limbs are refreshed. Maintain this posture till your breathing and your heart-beat are normal once again.

25. Rekha Gati (Walking in a straight line)



POSTURE : With the left foot on the ground, place your right foot in front of it so that the right heel touches the toes of the left foot. **EXERCISE :** Now walk fifty steps ahead with the heel of one foot touching the toes of the

other, taking care to see that the entire distance is covered in a straight line. Then walk backward, in the same manner and in a straight line. The eyes must look front and not at the feet. This exercise increases the power of concentration and improves the balance of the body. It is of special benefit to acrobats and to persons in the army or the police force. Regular practice of this exercise makes it possible to walk on a thin rope.